

Queens' College Gym

**CONSTITUTION & RULES**

1. The management committee consists of the Senior Treasurer, Membership Secretary, Maintenance Secretary, Training Secretary, and two Training Officers. The Senior Treasurer (who shall be Chairman) shall be a Fellow appointed by the college. The committee shall be self-perpetuating in that when vacancies arise the existing officers will choose replacements from amongst the membership, ensuring that the committee is representative of undergraduates, graduates, employees of the college, and Fellows, and of men and women.
2. There shall be a maximum of 300 Memberships and 50 affiliated memberships. Full Membership shall be available to full-time resident students whose names are on the gate list, and to college employees, their spouses and family, and Fellows and their families.
3. Membership will run from the date at which the application is accepted until the 30 September following.
4. No member shall use the equipment unless they are properly trained to do so. Training sessions are provided for new members in Michaelmas each year. Those joining the Gym after the Michaelmas term should satisfy the Membership Secretary that they are experienced with the gym equipment and that they are exercising safely and within their competence; extraordinary training sessions can from time to time be organised for new members later in the academic year, on demand.
5. Membership is not transferable.
6. The University Card will allow access to the Gym, once your gym application has been processed and card activated.
7. Members must not allow non-members to use the club or to borrow their card. Infringement of this rule or any of these rules will result in immediate loss of membership.
8. The hours of use shall be 6:00 am to 11:45 pm.
9. Apart from bottles of water, no food or drink is to be taken into the Gym.
10. Shoes, shirts and shorts/trousers must be worn.
11. Members are requested to bring a towel with them when they workout and are to use it to protect the benches and to wipe off perspiration when moving onto another station. Other limited cleaning aids are available in the gym and should be used where appropriate.
12. The room should be kept locked when not in use.
13. Members must ensure that there is no medical reason why they should not use the equipment. Members should be sufficiently trained, and only use the equipment in the proper manner (as described by posted advice). The college cannot accept any liability for injuries caused as a result of using the multi-gym equipment or arising from entering the gym.
14. The Gym is intended for the use of individual members. Members should not at any time hold classes or coordinated training sessions; College sports teams should not use the Gym for squad workouts.
15. Noise should be kept to a minimum. During working hours (9 a.m. to 5 p.m.) please be especially conscious of meetings and teaching that may be taking place in the Bowett Room upstairs.
16. Neither weights nor bars should be dropped on the mats or on the floor, for any reason, at any time.
17. All plates, free weights, and other equipment must be returned to the racks and stored correctly after use.
18. Neither equipment nor mats should be moved between rooms, for any reason.
19. Users should not occupy machines or lifting areas between sets. Users should make every effort to accommodate the needs of other users, especially at busy times.